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# Beware of potential snow bans, city says

**Get ready.** If ban kicks  
in, expect tickets or  
even towing of vehicles,  
head of parking  
authority warns



**JEREMY  
NOLAIS**  
jeremy.nola@metronews.ca

Drive snow — err, slow —  
Tuesday and keep your eye  
not only on the sky but also  
on the city's website, officials  
urge.

Environment Canada was  
forecasting up to 20 centimetres  
of the powdery stuff to fall on  
Calgary by noon, leading officials  
to scramble together snow-plow  
crews and prepare for the possibility  
of a snow-route parking ban.

"It's that time of year,"  
chimed in Jennifer Thompson-Goldberg with the city



Keep an eye out for snow-route  
parking-ban signs like this, as the  
city could enforce a ban if snow  
accumulates on city streets Tuesday.  
METRO FILE

roads department. "We want  
to get the message out there  
that, at anytime, we could call  
a snow-route parking ban."

The ban is only called if  
five centimetres of snow or  
more actually accumulate  
on Calgary streets, and it ap-  
plies to marked routes in the

downtown core as well as  
other high-traffic areas of the  
city.

The parking restrictions,  
which were introduced last  
year, can last up to 72 hours.

"Last year we had good  
success.... Really our goal is  
to see compliance," said Troy  
McLeod, head of the Calgary  
Parking Authority, which is  
tasked with enforcing the  
ban.

Typically the city will  
issue a warning before the  
ban comes into effect, giving  
motorists time to move their  
vehicles off priority clearing  
routes, McLeod added. Down-  
town ParkPlus parking spaces  
are only restricted after 9  
p.m. on the day the ban is  
called.

Motorists were already  
greeted with a dusting of  
snow overnight Monday and  
a slippery commute kept city  
emergency crews busy. As of  
4 p.m., police had reported  
four injury and 137 non-in-  
jury collisions.



## SICK PUMPKIN

Rebecca Woodward prepares to slice into a pumpkin while Cindy Scott holds it steady during UNICEF Canada's 26th annual Pumpkin Carving Contest in Calgary on Monday. Their team of local EMS workers ultimately went with an injured-patient theme for their entry, complete with broken limbs and a vomit bag full of pumpkin seeds. The yearly event is unique to Calgary and began as a way of promoting the UNICEF boxes children once carried at Halloween, said UNICEF national events manager Holly Davidson. Those boxes were discontinued in 2006 but Davidson said, "We've continued with the pumpkin-carving contest because it's tradition." ROBSON FLETCHER/METRO

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## XL Foods. Back to work on Oct. 29, union says

The union for workers at a closed Alberta meat packer says the company hopes to reopen the plant by Monday.

But the Canadian Food Inspection Agency says it has not reinstated the beef plant's licence.

Doug O'Halloran of the United Food and Commercial Workers says employees are being called back to the XL Foods plant in Brooks for three days of training starting Wednesday. He says XL's owners have told the union that operations are to resume on Oct. 29, but a CFIA spokesman says sanitation and meat-handling at the plant are still being reviewed. It says it hopes to have an announcement soon.

The XL plant has been at the centre of an extensive beef recall sparked by an E. coli scare and has been closed since Sept. 27.

The news Monday came as JBS USA, the company taking over management at XL Foods, met with workers in groups of 100.

O'Halloran says union officials were to meet Tuesday with industrial-relations staff from JBS USA.

Reaching out to the workforce and union is a positive sign for the future of Canada's second-largest beef operation, he suggested. "It's certainly a step in the right direction. The fact that JBS has reached out and wants to have a discussion, I think, bodes well."

The CFIA has said test samples from meat processed at the plant last week as part of an inspection came back free of E. coli. All the beef from the recall is being dumped at a landfill. **THE CANADIAN PRESS**



Workers at XL Foods in Brooks have been given notice that some will return to work on Oct. 29, the union says. **THE CANADIAN PRESS**



MLAs will be back on Tuesday for the fall sitting at the legislature, with 10 bills ready for debate this session. **METRO FILE**

# Busy season ahead for fall legislature

**Fall sitting begins Tuesday.** Tories will introduce and debate 10 new laws this session

The Progressive Conservative government plans to pass 10 bills during the fall session of the legislature, including whistleblower protection and an overhaul of the school system.

The proposed new Education Act failed to pass in

the spring sitting after some critics said that including human-rights rules would force parents home-schooling their children to teach them values contrary to their religious beliefs.

Government house leader Dave Hancock said Monday that the bill has been rewritten to remove the human-rights reference but still supports the idea in spirit and in action.

"There will be some wording changes there to make it clear what we're trying to accomplish without getting

people upset about what they think government will be doing to them. So that will be clear and that will be straightforward," Hancock said.

He said whistleblower rules will allow people to come forward with concerns about programs and spending without fear of retribution or job loss.

Opposition Liberal Laurie Blakeman said while she applauds the intent, the bill will fall short.

"The whistleblowers (legislation) really just puts

another administrative level in place in which you now get to go and report to someone you work with who's now been deemed to be the whistleblower officer in the same way we have (Freedom of Information and Privacy) officers. They could have done so much better," she said.

There is also legislation afoot to protect Albertans buying new homes and a proposal to create a single regulator for upstream energy-resource activities.

**THE CANADIAN PRESS**

## Whistleblower law aims to protect public workers

Alberta workers will be protected when they come forward with examples of government waste or wrongdoing under new legislation to be introduced at the legislature on Tuesday.

Donald Scott, associate minister of accountability, transparency and information, said recently that

the government wanted this type of legislation so problems can be brought into the open.

"There is going to be an ability to make a report and have an investigation," Scott said. "The idea is to give employees confidence to report wrongdoing."

Whistleblower legislation

already exists in some parts of the province, but Scott said Alberta's approach would be unique to the province. "We want it to be something that is right for Alberta."

Guy Smith, president of the Alberta Union of Provincial Employees, said provincial workers don't come forward when they are con-

cerned about job security.

"They need to have the ability to raise the alarm when they see something that is being done that shouldn't be happening," he said.

He added that some of the people who do come forward often do so in ways that aren't ideal, because their

jobs aren't protected.

"We get plain brown envelopes laid under our doors sometimes."

Smith said he hasn't seen the bill, but as long as it protects workers through a straightforward process, it will accomplish what they are looking for.

**RYAN TUMILTY/METRO**



The Calgary Drop-In and Rehab Centre provides a wide range of services to Calgarians, including an overnight shelter for the homeless. ROBSON FLETCHER/METRO

# Homelessness on the rise again, agencies observe

**Winter woes.** Need for shelter expected to increase even further as temperature drops



ROBSON FLETCHER  
robson.fletcher@metronews.ca

Precise figures on homelessness are still being tabulated but the need for shelters in Calgary clearly appears to be on the rise, according to local agencies.

"For a long time the trend was that shelter use was going down but starting in the first quarter of this year we saw that trend changing, unfortunately," said Andrea Ranson of the Calgary Homeless Foundation.

The CHF plans to publish data this week from its latest homeless count, which was carried out in August. According to the previous count, carried out

in January, 3,190 people in the city were homeless.

That was down 11 per cent from 2008, but Debbie Newman, executive director of the Calgary Drop-In and Rehab Centre, expects the latest count to be higher.

"We do know that the numbers have increased," she said.

The arrival of snow and sub-zero temperatures only increases the demand, Newman added, and the Drop-In plans to transform a common area on its second floor into an additional sleeping area to accommodate 100 to 200 more people.

Inn from the Cold, which provides shelter to individuals and families in need, has seen "extraordinary" demand this year, according to spokesperson Bonnie Elgie. The organization's main shelter has been at or over capacity for 250 days in 2012, Elgie said. That compares to 159 in all of 2011, which had been its busiest year to date.

## Drop-In and Rehab Centre

- The centre can sleep just over 1,100 people at maximum capacity, although it "comfortably sleeps 900 and change," according to executive director Debbie Newman.
- About 7,000 unique individuals accessed the various services at the Drop-In last year.
- Homeless agencies point to Calgary's net in-migration and lack of affordable rental housing as the two biggest factors driving demand.
- Many recent arrivals in the city have jobs but can't find a place to live, said Andrea Ranson of the Calgary Homeless Foundation.

# Smith apologizes after tweet on tainted beef

Alberta's Opposition leader says she was wrong to suggest on Twitter that beef recalled over E. coli concerns could be cooked properly and fed to the poor.

The Wildrose party's Danielle Smith drew scorn when she agreed with a Twitter user who asked if there was a way the beef, tonnes of which has since been dumped in a southern Alberta landfill, could be saved and prepared safely for the hungry.

"We all know thorough cooking kills E. coli. What a waste," Smith tweeted on the weekend.

On Monday, she changed her tune. She said she still believes throwing away any meat cleared by inspectors was a waste, but she under-



Wildrose leader Danielle Smith  
METRO FILE

stands that there is so much public concern over safety there was no choice but to get rid of it.

"It was a mistake," Smith

said at the legislature when asked about her tweet. "I guess I would have to say that, if you can't explain something in 140 characters, you probably shouldn't try to talk about it on Twitter, so I have learned a lesson there."

Her retreat didn't stop her critics.

NDP Leader Brian Mason suggested Smith has so little regard for poor Albertans that she's OK with feeding them tainted meat.

"I kind of share the view that it's a terrible waste of food, but the idea it's OK to give it to poor people and it's not OK to give it to the rest of the population reveals an attitude that I find quite distasteful," said Mason.

THE CANADIAN PRESS

## Evacuation

### Students exit SE school after boiler problems

An overheated boiler forced the evacuation of about 230 students from a South East Calgary elementary school Monday.

According to fire offi-

cials, at around 10:45 a.m. Monday they responded to Ecole St. Cecilia School at 610 Agate Cr. S.E. for reports of a problem with the boiler system. An evacuation of students from the school was undertaken as a precaution.

Students were returned to the school just after 1 p.m. when the boiler was repaired. METRO

## Oct. 22

### Correction

In an Oct. 22 article about the fate of Calgary's Globe Cinema, Metro identified Paul Stickney as the theatre owner when, in fact, he is the manager.

Metro regrets the error.

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## Guinness. Calgary fire eater bests world mark

This gives flaming lips a whole new meaning.

Calgary woman Carisa Hendrix smashed the former Guinness World Record for longest-duration fire-torch teething on April 12.

Hendrix was on the Italian TV show called Lo Show Dei Record when she lasted two minutes and one second, beating the old Guinness mark by nearly 30 seconds.

The episode aired for the first time on Oct. 19.

Citing a month straight of training for the feat, which forces one to use his or her teeth to grip a flaming torch and hold it upright in the

### The many hats of Hendrix

Hendrix has worked as a professional circus performer, sideshow and fine arts entertainer

- The former record holder was Wendell Gray, with a time of one minute and roughly 33 seconds.

mouth without the use of hands, Hendrix said the only time she took away from her training was to recover from blisters and burns.

METRO

### Harvie Andre

## Former Calgary Centre MP succumbs to cancer

Former Progressive Conservative MP Harvie Andre has died.

His family says he died Sunday of cancer.

Andre, who was 72, represented the Calgary Centre riding for more than 20 years. He was first elected in

1972 and was a key supporter of Joe Clark's successful bid for the Tory leadership in 1976.

Andre had several cabinet roles in Brian Mulroney's government in the 1980s — including minister responsible for Canada Post — and at one point served as government House leader.

In 1993, Andre returned to private life where he worked in the oil sector and served on numerous corporate boards. **THE CANADIAN PRESS**

# Escort agency feud behind bogus calls: Cops



Police are looking for 37-year-old Rong Zhang in connection with dozens of bogus emergency calls they believe were part of a ploy to disrupt competing escort agencies in Calgary. COURTESY OF CALGARY POLICE

## Sabotage. One suspect arrested in Ontario, another on the lam



JEREMY NOLA

jeremy.nola@metronews.ca

Police allege they have responded to approximately 50 bogus calls in less than a year by a couple trying to get a leg up in the Calgary escort industry.

In each instance, the caller would allege a female escort was held against her will at a local motel or residence, said police Staff Sgt. Robert Rutledge, but when officers arrived they found no indication of such a crime.

### Desperate and dirty?

**"There's a lot of people that are desperate, and when people are desperate they will do a lot of dirty things."**

Heather, of Calgary-based Kate's Escorts

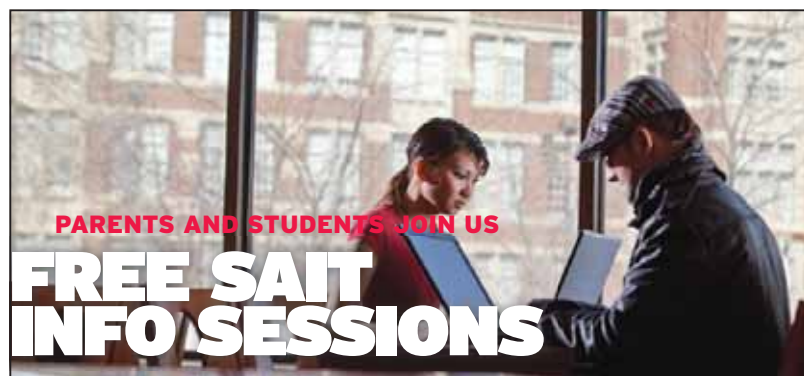
On Monday, police announced they had arrested and charged Wen Zhan Li, 29, with two counts of extortion and four counts of public mischief in relation to the calls; however, his alleged co-conspirator, 37-year-old Rong Zhang, is evading a Canada-wide warrant.

"They're attempting to eliminate their competition," Rutledge said. "They're approaching these women trying to get them to work for them ... and, in many cases, the women were saying no and after that we were seeing fictitious calls to the communications centre."

Zhang is not believed to be in the Calgary area. As an indication of the brazen nature of the alleged crime, Rutledge said even after Li was arrested Oct. 14, police believe Zhang placed three more falsified emergency calls.

Heather, who declined to give her last name but identified herself as the office manager for Calgary-based Kate's Escorts, said it's likely independent escorts being targeted.

"These guys prey on them ... they know they have nobody like us to back them up," she said.



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# Son makes dad's deathbed plea for hockey's return

As John Dick was flying from Australia to Alberta to be with his dying father, he decided that they would spend the next few awful, idle weeks in hospital watching hockey on TV.

"I was gonna rely on hockey for keeping his mind off of this horrible thing that's happening inside of his body," Dick recalled Monday.

The plan changed shortly after Dick got home to Leduc, a city just south of Edmonton. The NHL locked out its players and recently cancelled all games through Nov. 1.

Dick explained that his dad, who is suffering from terminal throat cancer, is on morphine and other medications that often make him forget about the lockout.

Most nights, while sitting in a small hospital room, Dick has to remind his father why they can't turn on the game.

Fed up with the lockout, the 31-year-old budding filmmaker decided to make a video titled NHL Lockout Kills Dreams, which has been viewed about 50,000 times since it was posted on YouTube last Thursday. In the video, Dick's father,



John Dick at his dad's bedside in a YouTube video that begs the NHL and its players to settle in time for the dying man to watch one last game. CONTRIBUTED

### Kardashians? Nooooo!!!

**"He's stuck watching the Kardashians 'cause there's no NHL."**

John Dick on his dad's predicament

58-year-old Bruce, is shown lying in bed in his hospital gown and hooked up to whirring machines.

"How do I feel about the situation in the NHL?" Dick asks in the video. "I hope that the doctors and nurses that keep my dad alive get a raise and that you guys get your asses back on the ice before it's too late."

"Remember what we

play this game for."

Dick said he and his father are surprised by the video's popularity and the touching comments some viewers have posted. During his daily visits, Dick reads the responses to his dad.

"He gets pretty teary-eyed over it. I don't think he expected people would care." **THE CANADIAN PRESS**





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## Earthquake

Expert convictions  
'sad day for science'

In a verdict that sent shock waves through the scientific community, an Italian court convicted seven experts of manslaughter on Monday for failing adequately to warn residents of the risk before an earthquake struck central Italy in 2009, killing more than 300 people.

The defendants, all prominent scientists or geological and disaster experts, were

sentenced to six years in prison.

Earthquake experts worldwide decried the trial as ridiculous, contending there was no way of knowing that a flurry of tremors would lead to a deadly quake.

"It's a sad day for science," said seismologist Susan Hough, of the U.S. Geological Survey in Pasadena, Calif. "It's unsettling."

That fellow seismic experts in Italy were singled out in the case "hits you in the gut," she said.

THE ASSOCIATED PRESS

## Criticism

## Baird slams Iran, Syria at event

Foreign Affairs Minister John Baird abandoned host-country niceties on Monday as he levelled a blistering attack against the human-rights records of Iran, Syria and Uganda before some 1,400 international parliamentarians gathered for the Inter-Parliamentary Union in Quebec.

Iranian and Ugandan delegates at the IPU

assembly, including the African nation's Speaker of Parliament, protested Baird's remarks, accusing the minister of meddling in their sovereign affairs at a collegial forum.

Even though the Conservative government has cut off diplomatic relations with Iran and Syria in particular, it could do little to stop the presence of legislators from those countries at the 127th conference of the IPU, which Canada is hosting this year.

THE CANADIAN PRESS

# Obama, Romney face off in final debate

**Third round.** Tied in the polls, candidates tussle over foreign affairs in last U.S. presidential debate

U.S. President Barack Obama fiercely defended his record on foreign policy on Monday in his third and final debate against Mitt Romney, a showdown with sky-high stakes just two weeks until election day.

"My first job as commander-in-chief is to keep the American people safe, and that's what we've done over the last four years," Obama said, citing his administration's decision to end the war in Iraq, to hunt down al-Qaida operatives and to capture 9-11 mastermind Osama bin Laden.

In their latest debate in Boca Raton, Fla., Obama wasted no time taking aim at Romney's often inconsistent record on foreign policy,

## International focus

Foreign affairs took centre stage at the final debate.

- **Romney.** He and his fellow Republicans have criticized the Obama administration's response to a September attack on the U.S. consulate in Benghazi, Libya, that killed the ambassador and three other Americans. Romney has little foreign affairs experience.
- **Obama.** Foreign policy is generally seen as Obama's strength. He gave the order leading to the killing of terrorist leader Osama bin Laden and fulfilled a promise to withdraw U.S. troops from Iraq.

pointing out his rival for the White House once said Russia was America's biggest geopolitical foe and called for troops to remain in Iraq.

THE ASSOCIATED PRESS

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A woman walks past a television at a restaurant in Cambridge, Mass., on Monday showing the third U.S. presidential debate between Republican presidential candidate Mitt Romney and President Barack Obama.

CHARLES KRUPA/THE ASSOCIATED PRESS



# U.K. puts 3 men on trial over bomb plot

**Terror cell.** Suspects among group of men and one woman arrested in September 2011 in English city of Birmingham

Three young British Muslim men went on trial in London on Monday, accused of plotting to set off multiple bombs

in terrorist strikes.

Prosecutors allege the men, fired up by the sermons of a U.S.-born al-Qaida preacher, hoped to cause carnage on a mass scale. But their plot was undone by mishaps with money and logistics, and ended in a police counterterrorism swoop last year.

Prosecution lawyer Brian Altman told a jury that Irfan Khalid and Ashik Ali, both 27, and 31-year-old Irfan Naseer, were central players in a plan

## Suicide attack?

**"One of them was even to describe their plan as 'another 9-11.'"**

Prosecution lawyer Brian Altman, accusing the three men of being key figures in a plan to detonate up to eight knapsack bombs in a suicide attack

to mount a terrorist attack "on a scale potentially greater than the London bombings in July 2005."

Fifty-two commuters were killed when four al-Qaida-inspired suicide bombers blew themselves up on London's bus and subway network on July 7, 2005.

Altman said the trio were the senior members of a home-grown terror cell inspired by the anti-Western sermons of U.S.-born Islamist cleric Anwar al-Awlaki, who was killed in Yemen in September 2011.

THE ASSOCIATED PRESS



Three British Muslim men, from left, Irfan Naseer, Irfan Khalid and Ashik Ali are on trial in London, accused of plotting a bombing campaign.

COURTESY OF WEST MIDLANDS POLICE/THE ASSOCIATED PRESS

## Gaza militants. Three killed in Israeli airstrike in response to mortar fire

Israeli aircraft struck the northern Gaza Strip on Monday, killing three Palestinian militants after mortar attacks targeted Israeli troops earlier in the day, officials said.

The Islamic militant group Hamas that rules Gaza said in a text message to reporters that one of the men was a member of its military wing. Another Palestinian group, the Popular Resistance Committees, said in an email that the second man was from its ranks. Gaza health official Ashraf al-Kidra said a third

man later died of wounds sustained in the airstrike. He did not know if he was a militant or not.

The Israeli military said aircraft attacked rocket squads following mortar fire on military patrols. Also, several rockets were fired at communities in southern Israel, causing no casualties, the army said.

Prime Minister Benjamin Netanyahu said the rocket fire from Gaza would not go unpunished.

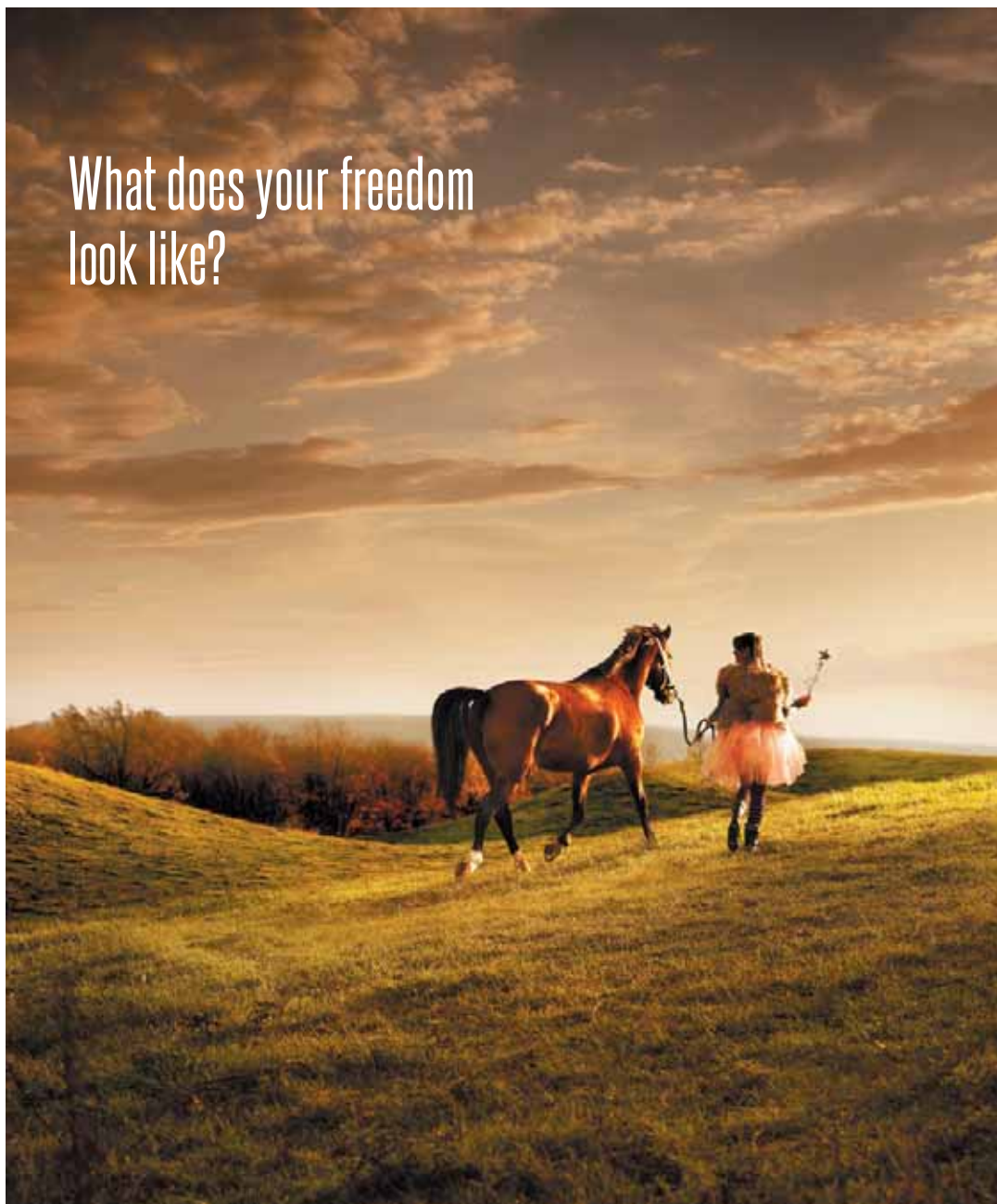
THE ASSOCIATED PRESS



## Tensions rise over killing

Antoine, top photo, kisses his son Joseph Naimeh in Beirut on Monday. The six-year-old was rescued from the carnage, bottom photo, caused by a car bomb that assassinated Brig. Gen. Wissam al-Hassan on Friday in Beirut's mostly Christian neighbourhood of Achrafieh. Lebanese soldiers in armoured vehicles fanned out across the country on Monday to break down civilian roadblocks and chase gunmen off the streets as tempers flared over the killing of the top intelligence official who was a powerful opponent of Syrian involvement in Lebanon. HUSSEIN MALLA/THE ASSOCIATED PRESS

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# Federal parties differ on how best to revamp Indian Act

## Call for consultation.

Liberal leader says Tory-tabled update to existing legislation was drafted without input from First Nations

A debate about whether to repeal the centuries-old Indian Act is back before the House of Commons.

Last week, the Conservatives moved forward with a private members' bill that

would delete several sections of the act as a start towards fully dismantling it.

Now, the Liberals have introduced their own motion calling for talks with First Nations to replace the old legislation with something better suited to current realities.

The motion introduced by interim Liberal leader Bob Rae calls the existing legislation an embodiment of failed colonial and paternalistic policies.

Rae says it creates a barrier to economic and social development for First Nations and needs to be dismantled.

He says the Conservative bill was drafted without consultation with First Nations communities, while his own motion is the product of extensive talks.

Conservative MP Rob Clarke, who sponsored the bill, says it's based on his discussions with aboriginal leaders.

THE CANADIAN PRESS

## Since 1876

- The Indian Act came into effect in 1876 and sets out the terms of the relationship between the federal Crown and First Nations.



## A display of dismay

Protesters opposed to the Northern Gateway pipeline take part in a mass sit-in in front of the British Columbia legislature in Victoria on Monday.

JONATHAN HAYWARD/THE CANADIAN PRESS

## Influence peddling

### Ex-aide to PM pleads not guilty to fraud

A former aide to Prime Minister Stephen Harper will go to trial next summer on influence-peddling charges. Bruce Carson is sched-

uled to appear in the Ontario Court of Justice for a five-day trial, beginning July 22.

An agent for Carson's lawyer said Monday that, by setting a trial date, Carson has pleaded not guilty to a charge of fraud on the government, also known as influence peddling.

THE CANADIAN PRESS

## Death

### Modern warrior passes away

Russell Means, who died Monday from throat cancer at age 72, helped lead the 1973 uprising at Wounded Knee — a bloody confrontation that raised America's awareness about the

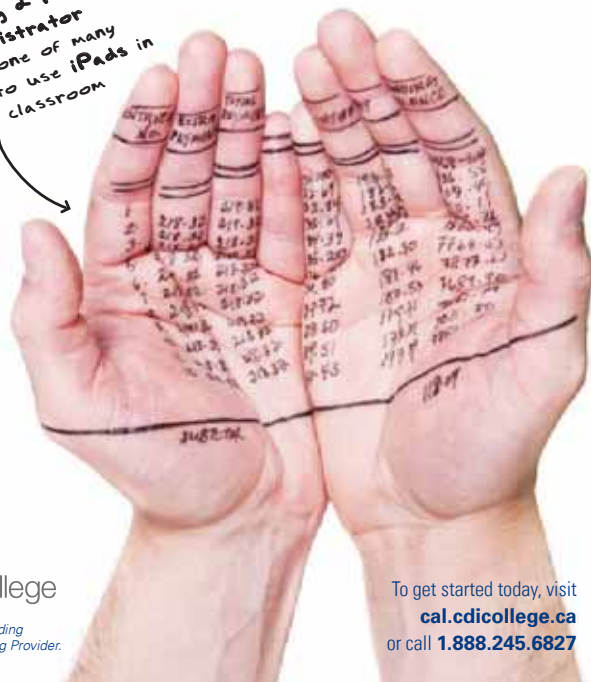
struggles of Indians and gave rise to a wider protest movement that lasted for the rest of the decade.

Russell Means spent a lifetime as a modern Native American warrior. He rallied against broken treaties, fought for the return of stolen land and even took up arms against the federal government. THE ASSOCIATED PRESS

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# Leaflets floated into North Korea causing tension

South Korean activists floated balloons carrying tens of thousands of anti-Pyongyang leaflets into North Korea on Monday, eluding police who had disrupted an earlier launch attempt due to threats from North Korea.

North Korea's military warned last week that it would strike if the South Korean activists carried through with their plan to fly balloons carrying the propaganda leaflets across the border. South Korea pledged to retaliate if it was attacked.

South Korean police, citing security concerns, had sent hundreds of officers Monday to seal off roads and prevent the activists and other people from gathering at an announced launch site near the border.

Residents in the area were also asked to evacuate to underground facilities.

Later in the day, some of the activists, mostly North Korean defectors, moved to another site near the border that was not guarded by



North Korean defector Park Sanghak hurls anti-North Korea leaflets near the border.

AHN YOUNG-JOON/THE ASSOCIATED PRESS

but had cited freedom of speech in not making a further intervention.

South Korean activists have in the past sent leaflets across the border, and North Korea has issued similar threats to attack without following through.

But Seoul's Yonhap news agency reported Monday that the ban on entering the border area was imposed as South Korea detected that North Korea had uncovered artillery muzzle covers and deployed troops to artillery positions in possible preparation for an attack.

Yonhap cited no source for the information.

The activists said they floated balloons carrying about 120,000 leaflets critical of North Korea's young leader Kim Jong-un and his country's alleged human-rights abuses.

They said they wanted to let North Korean people know the true nature of their country.

THE ASSOCIATED PRESS



# Haiti jobs project gets celeb boost

## Industrial park.

Hillary and Bill Clinton encouraged investment in Haiti

U.S. Secretary of State Hillary Clinton encouraged foreigners to invest in Haiti as she and her husband Bill led a star-studded delegation gathered Monday to inaugurate a new industrial park at the centre of American efforts to help the country rebuild after the 2010 earthquake.

Actors Sean Penn and Ben Stiller, fashion designer Donna Karan and British business magnate Richard Branson were among the luminaries at the opening of the new Caracol Industrial Park, which is projected to create thousands of jobs more than 100 miles from the quake-ravaged capital of Port-au-Prince.

Clinton told a roomful



Actor Sean Penn and model Petra Nemcova at the opening of the new Caracol Industrial Park in Haiti on Monday.

LARRY DOWNING/THE ASSOCIATED PRESS

of investors gathered for a luncheon that she made Haiti a priority when she became secretary of state.

"We had learned that supporting long-term prosperity in Haiti meant more than providing aid," she said.

"It required investments

in infrastructure and the economy that would help the Haitian people achieve their own dreams.

"So we shifted our assistance to investments to address the biggest challenges facing this country," She said that included creating jobs. **THE ASSOCIATED PRESS**

## Vienna. One-way mirror 'art project' allows peeping into opposite-sex washroom

An Austrian artist has installed a one-way mirror in a Vienna cafe that allows men to peek from their restroom into the ladies room.

Alexander Riegler told the daily Heute newspaper Monday that the mirror is an attempt to "stir people into a discussion of voyeurism and surveillance," in an era when almost everyone is being watched.

Cafe employee Alexander

Khael-Khaelsberg says the mirror only shows women at the sink and does not offend anyone's private sphere.

He told the daily Heute newspaper Monday that women will get their turn in January, when the mirror is reversed to let them look at men. They recently put up a sign advising women that they are part of an "art project" after complaints.

**THE ASSOCIATED PRESS**

## Same-sex marriage

Couple allege discrimination by a wedding venue

Two upstate New York women turned away from a potential wedding site because they are gay have filed a discrimination complaint, setting up a possible precedent-setting battle involving the state's new same-sex marriage law. The complaint to the state Division of Human Rights appears to be a first involving a wedding venue. **THE ASSOCIATED PRESS**

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# Man on a mission: On call and loving every Mars minute of it

**Search for life on Mars.**  
Physicist's life on Earth consumed by project

AMBER  
SHORTT  
Metro in Toronto

The vows had been said and the pictures taken, but when it came time to crack open the kegs the best man — the person responsible for getting the beer flowing — couldn't be found.

That's because Nick Boyd, a 29-year-old physicist from Picton, Ont., had slipped away from his brother's wedding reception to attend to the one thing more demanding than a tent full of thirsty guests: the Mars rover Curiosity.

"A few people came to hurry me along," said Boyd, the operations lead for the team managing the day-to-day functions of the Alpha Particle X-Ray Spectrometer, the Canadian-built instrument on the rover. He had to build a file to send back to NASA's Jet Propulsion Laboratory in California, where he has spent the last three months working with scientists from around the world conducting experiments on Mars.

"It consumes your whole life for this early period," said Boyd, adding the mission, officially called the Mars Science Laboratory, has so far gone "amazingly smoothly."

"You'll do whatever it takes to make the mission go well."

Boyd has spent the bulk of his professional life, the last six years, as part of the University of Guelph team that developed the APXS, one of 10 instruments carried by Curiosity. It identifies the chemical composition of Martian rock and soil — information geologists are using to determine whether Mars was ever able to support life.

He said he still finds it surreal to be communicating with the machine on another planet.

"It was never a given that

## Quoted

"We're taking a very, very big role in this mission ... and it's something that everyone should be able to take some pride in."

Nick Boyd on Canada's involvement in the Mars Science Laboratory mission

we were going to land safely," said Boyd, thinking back to the knot in his stomach on the Aug. 5 landing day. He said all he could think was "it's my career that's strapped to that car with a jet pack."

But after the landing crew "won the biggest game of their lives" Boyd only nabbed a couple of hours sleep before his work began.

Since then, the tactical team has been working in two shifts, on "Mars time," to ensure it gets the most out of Curiosity.

The first shift analyzes the data that comes back from the rover and creates a plan for Curiosity's next day. The second shift then takes the plan and turns it into a series of sequences that are transmitted to "drive" the rover.

"Every day is determined by the morning on Mars"

Since a Martian day is 40 minutes longer than Earth's, the team's shifts change by 40 minutes daily. Boyd likens it to being persistently jet-lagged, and said he often forgets to eat and has to recalculate every day whether he'll get stuck in rush hour.

"You can tell when we're in a time period that doesn't line up with Earth," said Boyd, noting tempers at the lab get a little shorter.

However, NASA has a way to make sure cooler heads prevail: a giant freezer kept full of Drumsticks and ice cream sandwiches.

"It's considered to be a very good investment in the general sanity of the team," Boyd said.



Nick Boyd stands in front of the test bed rover at NASA's Jet Propulsion Laboratory in Pasadena, Calif. The physicist with the University of Guelph has spent the last three months working with hundreds of scientists to conduct tests on Mars. CONTRIBUTED

## Transition back to Earth

Starting next month, the team members will continue their work from their home labs. The mission is projected to last roughly two years, but Boyd is cautious on the subject of Curiosity's longevity.

"It's not a good idea to make predictions of mission lifetime," he said, though he notes that the rovers that NASA launched in 2003, Spirit and Opportunity, outlived their mission timelines. Spirit made it six years, and Opportunity is still going.

Mars, however, hasn't been an easy expedition. Roughly two-thirds of Mars missions since the 1960s have failed.

But whether it's another day or a decade, Boyd plans to soak

up every moment on the Red Planet.

"I tell people I'm in year five of a five-year plan," he said. "I'm definitely enjoying the fruits of my labour."

## Curiosity

### A ton of fun on the 4th rock from the sun

Every movement of the Mars rover could be its last, which is why each day's operation is determined by the one before it, said Boyd.

"There's no chance to fix an instrument once it's gone to Mars," he said, adding a slip in the sand could cost

an entire day. Because of that, calculations must be tested and retested on a stunt-double rover at JPL's simulated Mars field — something Boyd said is serious work, but also "like a little boy's dream playdate."

"My job is a ton of fun. I get to play with a lot of great toys and work with a lot of great people," he said. Though he added it can get him into trouble when he gets so caught up with robots that he forgets to call his wife, Allison, who is back in Guelph and pregnant with the couple's first child.

AMBER SHORTT/METRO IN TORONTO

## Mars. APXS big deal for Canadian science

Iain Campbell, APXS co-investigator at the University of Guelph, said the instrument has already analyzed several rocks and soil samples on Mars.

"Everyone on this mission is very, very excited," he said, noting that a less advanced version of the APXS was on the Spirit and Opportunity rovers. Those missions found evidence that Mars had once contained water, and

Campbell is optimistic that Curiosity will be able to top those findings.

"Will these discoveries be the remnants of carbon-based life-forms? I don't know," he said. "But I hope it will be."

Campbell said the mission is also an important one due to the current concerns on climate change. He said Mars transitioned from being alkaline-based to more acidic billions of years ago and scientists hope to figure out what caused that change. He said the landing site was chosen partially because it contained rocks with layering that represented both environments.

As for the next project, Campbell said the U of G team, lead by principal investigator Ralf Gellert, is already working ahead on the next generation of the APXS.

"It's a big thing for Canadian science," said Campbell, noting the current \$2.5-billion mission is the largest exploration expedition in history. "If you want to play in the big leagues ... Canada is there."



NASA's Curiosity rover aimed two instruments to study a rock known as "Jake Matijevic." The red dots are where the Chemistry and Camera (ChemCam) instrument zapped it with its laser. The purple circles indicate where the Alpha Particle X-ray Spectrometer trained its view. MSSS/JPL-CALTECH/NASA/AFP/GETTY IMAGES

## By the numbers

**567M** Curiosity landed inside Mars' Gale Crater at the base of Mount Sharp on Aug. 5 after travelling 567 million kilometres.

**899** Curiosity weighs 899 kilograms, and is powered by a multi-mission radioisotope thermoelectric generator and lithium-ion batteries.

**98** The Mars Science Laboratory primary mission is projected to last 98 weeks — or one Martian year. Courtesy NASA



# Developing a mobile continent

**Ghana.** When it comes to wireless culture, Africa is leapfrogging the West — and young techies are churning out apps to take advantage of it

**ELISABETH BRAW**  
Metro World News in London

At Kwame Nkrumah University of Science And Technology (KNUST) in Kumasi, Ghana, women carrying baskets of food on their heads walk past students going to class. From inside a sleek campus Internet café, Godwin Amefia, 21, runs his own mobile-app company.

"I realized that students weren't told about schedule changes, so I created a mobile app for it," he explains. His company, mNotify, now has five employees and features a range of apps for churches, schools and businesses.

Amefia belongs to mFriday, a technology hub at KNUST

whose members get together every Friday to trade business ideas. Welcome to the Silicon Valley of Ghana. "This is part of a whole new movement in Africa," observes founder Bobby Okine. "People want to do something that will be recognized."

It's obvious why young Africans see a future following in the footsteps of Bill Gates and Steve Jobs — by remaining in Africa. Seventy-three per cent of Africans now have a mobile phone, compared to just four per cent 10 years ago. The figure is expected to rise to 85 per cent by 2015, according to research firm Royce Funds. Indeed, in its mobile-phone culture Africa is leapfrogging the West.

"Africa is the future," says Jesse Ofori, 21, another young KNUST student with his own technology firm. "You can go to the U.K. or U.S. to start a technology company, but most things have already been done there. Here, there are more opportunities. Every last banana seller has a mobile phone, and we can capitalize on that."



Developers work at a technology hub in Addis Ababa, Ethiopia, which has 500 members and has already spawned three companies. Glyn Riley/Metro

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### iPad mini?

## Canuck bloggers have inside scoop on Apple launches

On Tuesday, the world's attention will turn to California, where Apple is set to make a product announcement that's expected to concern a smaller, more mobile 20-centimetre iPad.

Apple's product launches are closely guarded secrets — but

leaks are inevitable. In the high-stakes world of Apple rumour-mongering, two Canadian bloggers have built sterling reputations for accurately revealing details about new iPhones and iPads well before the company does.

It was five months ago that Montreal-based Rene Ritchie forecast Apple would release its new "iPad mini" this month for between \$200 to \$250. Past posts on his iMore.com site accurately reported details about the

iPhone 4S, the iPhone 5 and the "new iPad" before Apple made its official announcements.

"I'm just lucky enough that I get enough pieces that I can start to put things together," says Ritchie, 40, who notes that he sweats every prediction he makes.

Jim Dalrymple, who co-runs the website The Loop from his home office outside Halifax, is another Canadian who is looked to for Apple scoops.

THE CANADIAN PRESS

### Market Minute

**DOLLAR**  
100.75¢ (+0.07¢)

**TSX**  
12,403.54 (-12.44)

**OIL**  
\$88.73 US (-\$1.32)

**GOLD**  
\$1,726.30 US (+\$2.30)

**Natural gas:** \$3.452 US (-16.5¢)  
**Dow Jones:** 13,345.89 (+2.38)

**10¢  
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## 10 THINGS TO STOP WORRYING ABOUT RIGHT NOW



**SHE  
SAYS...**  
Jessica Napier  
metronews.ca

Lately, I've been thinking about how much time I waste fretting about entirely inconsequential things. We tend to allow trivial concerns — our follower count on Twitter, looking good at the gym — to occupy our minds instead of directing our time and energy to more important pursuits. No more, dear readers, no more. If you worry about any of these things, you need to laugh at yourself immediately, then stop.

- 1 Who will get kicked off next week's episode of The Bachelor Canada. Dedicating any brain cells to worrying about reality-TV relationships is ridiculous when we all know these showmances only last about 10 minutes after the cameras stop rolling.
- 2 Running into someone while wearing the exact same outfit you wore yesterday. Sometimes we buy new clothes and like to wear them two days in a row, and that's OK, everyone, because we all do it.
- 3 Purchasing embarrassing drug-store items. Because at 27 years old, I shouldn't blush uncontrollably every time I need to pick up a box of tampons.
- 4 Your dress size. Not because having a healthy body isn't important, but because clothing manufacturers are increasingly making these numbers up and arbitrarily assigning digits for vanity or shame purposes.
- 5 Being alone in a public place. Stop eyeballing your iPhone every five seconds; everyone else is far too self-involved to notice you sitting by yourself at a restaurant.
- 6 Whether or not the other people on the bus are judging your reading materials. Reading Fifty Shades of Grey on public transit is about as scandalous as wearing a turtleneck while watching a PG-rated film.
- 7 Thinking up an original Halloween costume. It's not going to happen. No matter how unique or creative you think you are, someone else is going to do the same thing and they're probably going to do it better than you.
- 8 Why your newly engaged friend didn't pick you to be a bridesmaid/groomsman. Instead of fretting about not being included, think about what you're going to do with the hundreds of dollars you'll save.
- 9 Whether your stuff matches with your other stuff. Making sure your furniture/nail polish/shoes are the correct shade of Pantone tangerine is a quintessential example of the "small stuff" you should not sweat.
- 10 How many calories are in this? If you have to think about it, then you already know the answer is probably too many.

Follow Jessica Napier on  
Twitter @MetroSheSays



Wondering what shade to choose? Here's a tip: No one actually cares. FLICKR.COM

## 7 wins — those never happened



GETTY IMAGES

### Doping

#### Icon loses Tour de France titles

There was an Armstrong. Neil, who walked on the moon and another, Louis, who sang sweet jazz. But Lance Armstrong, seven-time Tour de France winner?

That never happened. "He deserves to be forgotten in cycling," Pat McQuaid, president of the International Cycling Union, said Monday as he erased Armstrong's victories from the record books after his group accepted sanctions imposed by the U.S. Anti-Doping Agency.

THE ASSOCIATED PRESS

### Culture of secrecy

The doping doubts were there in 1999.

- A positive urine test for banned corticosteroids at the 1999 Tour was explained away and covered up by one of Armstrong's doctors, a former team masseuse testified years later.
- A book in 2004 in which the same masseuse said she gave Armstrong makeup to hide needle marks on his arm was met with writs from Armstrong's lawyers and furious denials from him.

### Overcoming obstacles

#### Beating cancer, Tour wins inspired many

No sporting icon peddled a tale quite like this one.

The Texan from a broken home who became a world champion, then was struck down by testicular cancer that spread to his lungs and brain, but who still rolled up in 1999 at the Tour, a three-week endurance test so tough that it has defeated many men who didn't endure gut-wrenching chemotherapy and carry the scars of tumour-removing surgery.

He became the living embodiment of the idea that willpower can overcome any obstacle. THE ASSOCIATED PRESS

### Loosening tongues

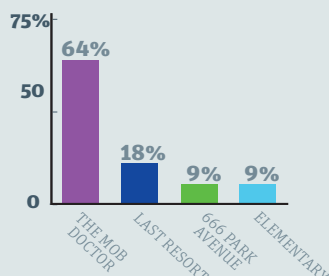
The feds "placed a gun and a badge on the table," said McQuaid, and the Great Wall of Silence crumbled.

- Former teammates explained how they used subterfuge to beat testers. Tyler Hamilton said they simply hid, not answering the door if a sample collector showed up. There was no test, and still isn't, to show that riders were re-injecting themselves with bags of their own blood. SEE SPORTS, PAGE 21, FOR MORE COVERAGE.



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and take the quick poll

What new  
TV show  
should be  
the next  
to be  
cancelled?



### Twitter

@big\_shawner:

After a little weekend hiatus I'm back and better than ever. #yyc

@jmatt9:

Calgary traffic and drivers are now on my exclusive "hate" list #goodlord #yyc

@forgive7forget:

would like the sky more if 10-20cm of snow didn't fall from it tonight.. :/ #yyc #snowfallwarning

@petrodude :

Snow warning, snowstorm #yyc ha ha ha ha go for it.. I need to hit the slopes soon!

@TindalltheFirst:

If I could change my last name to anything, it would be 'Thewok-ie'. #yyc #whynot

@manitobalex:

19 cm of snow for #YYC by noon tomorrow. For #yeg: 0 cm. heh heh heh



DVD reviews



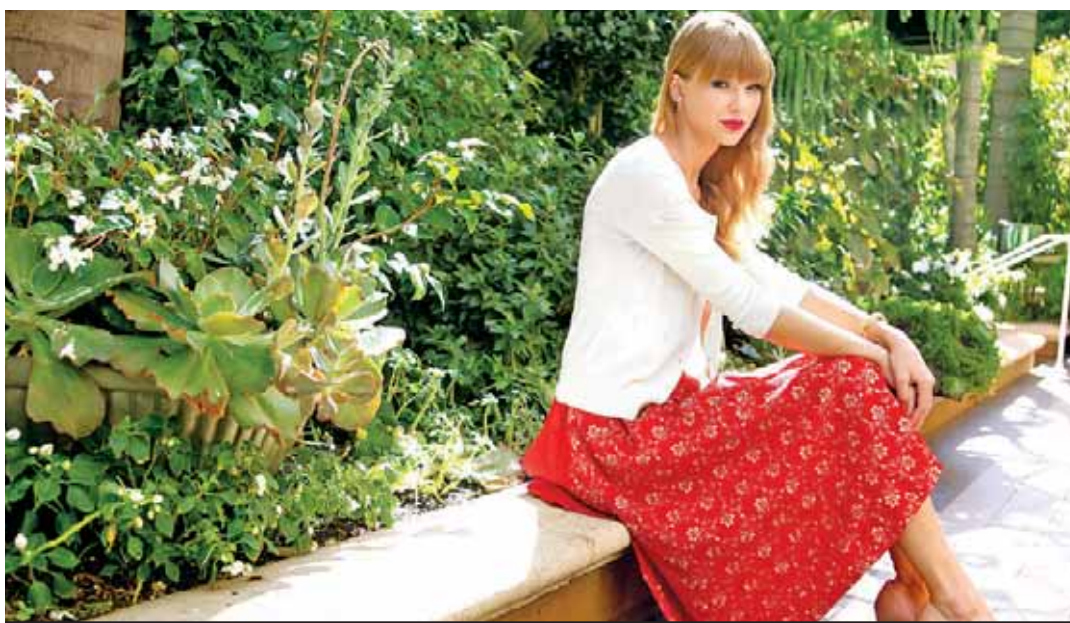
**Magic Mike**

Director. Steven Soderbergh

Stars. Channing Tatum, Alex Pettyfer, Olivia Munn

Steven Soderbergh's latest genre exercise mines Channing Tatum's real-life male-stripper memories for maximum swagger, yet this is anything but a macho version of Showgirls or Burlesque. It's a realistic portrayal of a business that sells sizzle onstage, with plain sweat backstage to make it happen. Dancing at Tampa's Xquisite nightclub has been fun and reasonably profitable for Mike, but he's smart enough to observe how it has turned out for club owner Dallas (Matthew McConaughey), who also emcees and croons, from a cool cat into a cynical caricature. Still, Mike wants an equity share in the club, a carrot Dallas dangles but never drops. A new guy, Adam (Alex Pettyfer), starts stripping at the club and begins to threaten Mike's dominance of the dance floor. Adam's a loose cannon with a propensity for self-destruction and he puts a damper on sparks that develop between his sister Brooke (new face Cody Horn, well cast) and the romance-averse Mike. The strip-show numbers in Magic Mike are more humorous than sexual, which may disappoint anyone who attends hoping to see the real "full monty" on display. That never happens — think Exotica more than Boogie Nights.

PETER HOWELL



Taylor Swift says her infectious hit *We Are Never Ever Getting Back Together* happened 'really spontaneously.' MATTY SAYLES/THE ASSOCIATED PRESS

# We are never, ever getting tired of Taylor

**Red.** Nashville singer with strong country roots enlists the help of pop music powerhouses for her fourth album

IAN GORMELY  
scene@metronews.ca

No matter how many pop hits she scores, Taylor Swift will always be a country girl.

"In my mind, I'm always going to be a country artist because that's home to me," says the 22-year-old Nashville-based singer.

"The innate writing style of country music is

what formed me as a songwriter."

Yet after penning all the tracks on her last record on her own, Swift decided to team up with a who's who of pop songwriters for her fourth album, *Red*, which hit stores today.

"I wanted to figure out a way to push myself into a different comfort zone," she says.

Along with writers like Dan Wilson, who co-wrote Adele's mega-hit *Someone Like You*, Swift enlisted the help of Max Martin, the man behind Kelly Clarkson's *Since U Been Gone*, and Britney Spears' *...Baby One More Time*.

Together with Martin's protégé, Shellback, the trio co-wrote her own cur-

rent smash, the infectious and decidedly un-country *We Are Never Ever Getting Back Together*, and, as she says, it all happened "really spontaneously."

"It's really brought something different out of this album," she says.

"I think that there are definitely influences from every genre that I'm a fan of on this record."

Both U.K. singer/songwriter Ed Sheeran and Snow Patrol's Gary Lightbody make appearances on the record, the latter of whom Swift points to as a source of inspiration for her cinematic lyrics.

"The more you let people into the details," she says, "the more people feel welcomed into those experiences."

**Weird in the woods**

Watching the music video for *We are Never Ever Getting Back Together*, it's hard not to notice the group of musicians dressed up as woodland creatures. Those oversized animals are actually Swift's backing band. She says the costumes were director Declan Whitebloom's idea and when she told the musicians, "they looked at me deadpan like, 'This is not happening.'" Yet while filming the single-shot clip, the band "got loopy," the results of which are on the screen. "It's the most random thing I've ever done in a video," says Swift. "It makes me laugh to this day."

2 SCENE

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# Diamond Rings ready to shine in the spotlight

**New album.** Singer leaves his indie roots behind and embraces his inner pop star

IAN GORMEY  
scene@metronews.ca

When it came time to follow up his bedroom-pop breakthrough, *Special Affections*, John O'Regan, best known to the world as Diamond Rings, didn't bother trying to recapture the intimacy of his debut.

Instead, he opted to leave his indie roots behind and make the full transformation into a proper pop star.

"It's more about an attitude and confidence in one's self," he explains.

"Anyone who has the courage and the intestinal fortitude to put themselves out before the world in a way that's sincere and relatable, and above all else, different and unique.

As simple as embracing your inner pop diva sounds, it wasn't an easy process. "It's really hard to write and sing about things that

are obvious and relatable in a way that's fresh and new," he says.

"I don't know if I did that. I did my best."

Writing for the record, *Free Dimensional*, was completed before his debut even dropped, after O'Regan was treated for Crohn's disease.

"It's a celebration of life and being alive," he says.

Despite the hardship of the recovery process, the success of *Special Affections*, which was written while O'Regan was still in the hospital, has afforded him the freedom to focus on his music exclusively.

"I'm always writing songs," he says.

## Shaking his indie roots

O'Regan came up in Southern Ontario's vibrant indie rock community, fronting Guelph favourites, the D'Urbervilles, who later changed their name to Matters. But when it came time to make *Free Dimensional*, he found shaking the anti-pop indie ethos was harder than he thought. "Once you

go there, there's no turning back," he says. "Ultimately, it's about people following their heart and doing what makes them happy. And that's not the same for everyone." Now, with Matters on indefinite hiatus, O'Regan's free to try on all sorts of styles. "I can go

anywhere."

But, "I don't really set out to write albums ... I tend not to really think about the big picture of where I'm going."

"It's paralyzing artistically."

In the end, it took producer Damian Taylor, best known for his work with Bjork and the Killers, to bring O'Regan out of his shell and make *Free Dimensional*, his new album, a reality.

"He really pushed me to go for it and really understand what I wanted to do," O'Regan says.

"It's hard to have that confidence when you're by yourself in your bedroom," he adds.



John O'Regan, a.k.a. Diamond Rings. SARAH DEA FOR TORSTAR NEWS SERVICE

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



## Celebrity Halloween: A how-to guide

**MONICA WEYMOUTH**  
scene@metronews.ca

For all those hard at work on a show-stopping Halloween costume, we salute you. For all those planning to rummage through their closet at 9 p.m. on the 31st, we feel you. These celebrity-inspired costumes won't win you any contests, but they'll probably qualify you for free candy.

### Tina Fey

This one's easy: Just throw on a pair of designer glasses that perfectly fit your face. Then get a blow-out that's not too fussy but adds enough volume and shine to show you care. Lose 15 pounds and wear something young but experience. Accessorize with a great job and a ton of talent that you casually brush off. Wait a second — Tina Fey, we're on to you, girl.

### Zoey Deschanel

The essentials: A vintage

a-line dress, lots of eyeliner, sexy librarian glasses, knee socks. Bonus points: An entourage of 20-something girls who resent you for reasons they can't quite explain.

### Sexy Louis C.K.

Cut a deep V in an over-size black T-shirt that's faded enough to really show the grease stains. If possible, resist the urge to make jokes about having sex with dead things.

### Prince Harry

Shower with things that smell rich, woody and clueless. Put on a very large, very expensive watch. And ... well, you're good to go.

### Avril Lavigne and Chad Kroeger

The perfect couple's costume for 2012: Rummage through the punk store clearance rack, then roll around on the floor, making sure to soak up all that was wrong with 10 years ago. Hit on the underage cashier, douse yourself in Axe body spray and go shoot some 'edgy' engagement photos.



Taylor Swift

## Pop went the couple: Styles wasn't heading in One Direction with Swift

While Taylor Swift is over the moon with current boyfriend Conor Kennedy, she reportedly suffered heartbreak at the hands of One Direction member Harry Styles just before meeting Kennedy, according to Radar Online. Apparently the pair dated briefly earlier this year but ended it when Styles was photographed locking lips with model Emma Ostilly.

"Taylor really liked Harry, and even though they weren't exclusive, he hinted at making it official with her," a source says. And while Swift was allegedly warned by her personal psychic of impending heartbreak, she was still caught off guard the morning

### When Harry met Taylor

**"Taylor really liked Harry, and even though they weren't exclusive, he hinted at making it official with her."**

Source regarding Taylor Swift and Harry Styles' past relationship

she awoke to a barrage of text messages from Styles "begging for a chance to explain and telling her not to believe everything she reads," the source says. "She immediately googled Harry and found all the stories and pictures of him kissing Emma. She was heartbroken."

## Costumed Katy only has eyes for John

Even though Katy Perry's birthday isn't until Thursday, she apparently couldn't wait to get the party started, throwing a lavish Halloween-themed costume birthday party at Los Angeles' Magic Castle on Friday, according to Us Weekly.

And while guests including Kristen Stewart, Neil Patrick Harris and Skrillex were in attendance, the birthday girl — dressed up as a vampire — only had eyes for John Mayer, whose elaborate zombie-hunter costume even involved a prosthetic nose and chin. "They were in their own world. She didn't even talk to her friends much," a

source says. "It was just her and John. She's obsessed with him. She said hello to people but then went right back to him."



Katy Perry



Lindsay Lohan ALL PHOTOS GETTY IMAGES

## Sources say attempts to save troubled star not motivated by spotlight

It looks like the folks behind the attempted intervention for Lindsay Lohan last week had good reason to be concerned about the troubled actress. Several friends of Lohan insist to Radar Online that she's partying again and out of control, and her dad, Michael Lohan, is reportedly eager to

put her under a conservatorship similar to the one Britney Spears' father used. "People who party with Lindsay have confirmed her excessive partying and getting wasted," a source says. "Even some of the people who have enabled her partying have come clean and revealed what's going on."

## Twitter



**@RedHourBen**

Zoolander LadyGaga story is not true. Weird that OK magazine would print something untrue. Weird to read a made up story on the internet.



**@Joan\_Rivers**

Congratulations to Adele on the birth of her 68 pound 8 ounces bouncing baby boy.



**@RealVinceVaughn**

my verification is pending.



**@AlbertBrooks**

I wish there was a debate on every night. I so love arguing.

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Are you a new parent needing some sleep? There's an app for that. ISTOCK PHOTOS

# Sleep-deprived new parents can finally get some shut-eye

**New product.** Former chart-topping musician has come up with an app that can help lull those cranky babies back to sleep

BRIGITTE NOËL  
life@metronews.ca

The sallow skin, bloodshot eyes and dark circles of the living dead are a popular Halloween look for those seeking a cheap and easy costume. For the struggling parents of a newborn baby, achieving this look requires little effort. Thankfully, there just might be an app for that. Barry Authors is a Canadian musician whose single

## Online

Where can you find the app for your phone?

- **Online.** BabyDoze is available for both iPhone and Android. More details at [babydoze-wombsound.com](http://babydoze-wombsound.com).

Authors says of his invention. "We had phenomenal results with testing."

His product's premise is simple — lulling babies to slumber using the sounds they hear before they are born.

This combination includes the thumping of a heartbeat, the whoosh of amniotic fluid and the hissing of circulating blood.

Not the stuff of Top 40 hits, but it's proved a winning formula for Authors, who created the recording during his wife's first pregnancy.

"There are lots of things that people say calm babies: noises of the sea, sounds that simulate the sound in the mother's womb," Authors says. "This doesn't simulate; this is exactly the sound that the baby hears."

No Charge reached the top of the U.K. charts in 1976.

Now he's produced what could be his greatest hit to date.

It's called BabyDoze, and it's an app that claims to give new parents what they desire the most — rest.

"Sit me down with 10 babies, and nine or 10 will go to sleep if they're crying,"

# Want to prevent a cold? Avoid your T-zone

CELIA MILNE  
life@metronews.ca

Ew, yuck. Everyone around you is coughing and sneezing.

You've heard all about washing your hands to prevent the flu.

Here's another simple rule: Keep fingers away from your face.

"Do not touch the T-zone — your eyes, nose and mouth," says Dr. Will Sawyer, an international infection prevention expert. "These are the only portals of entry into the human body for all respiratory illnesses such as the flu."

Kids can certainly benefit

from this advice right now, as the common cold usually reaches a zenith about four to six weeks after school starts. And adults are good at sharing germs too. On Global Handwashing Day last week, a report surfaced in the U.K. that one in 10 credit cards is as dirty as a toilet bowl.

"Only you can prevent the flu," says Sawyer. "If you never put your fingers to your hands, nose and mouth, you won't need to worry about how dirty your credit cards are; you wouldn't inoculate yourself."

Sawyer is a family physician in Cincinnati, Ohio.

He is the creator of Henry the Hand Foundation ([henrythehand.com](http://henrythehand.com)), which teaches hand washing and disease prevention in the U.S. and Canada. "Spread the word, not the germs," is his motto.



Kids and adults can benefit from some handwashing tips. ISTOCK PHOTOS

Other flu prevention tac-

tics include getting the vaccine and practising what scientists call "social distancing," which means trying to stay at least a few feet away from sick people.

## Words to live by

Here are the four principles of hand-washing awareness. Use them and be sure others around you do too.

- **Number 1.** Wash your hands when they are dirty and before eating
- **Number 2.** Do not cough into your hands.
- **Number 3.** Do not sneeze into your hands
- **Number 4.** Do not put your fingers in your eyes, nose or mouth.

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# Hearty, rich and creamy chowder without excess fat



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Traditional corn chowder is usually prepared with excess cream and butter. My version uses evaporated milk. You'll be surprised at how creamy and rich the soup tastes at just 211 calories and 3.7 grams of fat per serving.

## Ingredients

- 2 cups corn niblets
- 1 1/2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp finely chopped garlic
- 1/2 cup chopped red bell pepper
- 1 cup peeled and diced potato
- 2 1/2 cups chicken stock
- 1/2 tsp hot chili sauce
- 2 tsp all-purpose flour
- 1 cup canned evaporated milk (2%)
- pinch of salt and pepper
- 3 tbsp chopped parsley



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

1. Lightly coat nonstick skillet with cooking spray and set over medium heat. Sauté corn 8 mins., stirring often until lightly browned. Purée half of corn in food processor. Combine puréed corn with the whole corn in small bowl and set aside.
2. Add oil to large, nonstick

pot and set over medium heat. Add onion and garlic and sauté 4 mins. Add red pepper and sauté another 2 mins. Add potato, stock, chili sauce and corn mixture. Bring to a boil, then reduce the heat to low and simmer, covered, for about 15 mins. or until the potato is tender.

3. Whisk flour and milk in a small bowl and gradually add to the soup. Add salt and pepper. Simmer, stirring occasionally for 3 minutes or until slightly thickened and heated through. Serve in bowls and garnish with parsley.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

## Health Solutions

### Smarter Snacking



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

We are a nation of snackers and it is a slippery slope.

On a recent trip to France, I noticed the utter lack of a snack.

Oh, sure, the French women have their espresso and rest at three or four in the afternoon, but it is a calorie-free respite that re-energizes.

In North America, we have confused treats and snacks. A snack is a small mouthful of food that nourishes you, on occasion, between meals.

A treat is something sweet or salty that you enjoy but you don't kid yourself that it gives you anything but empty calories (and pleasure).

If you really want to snack

well, consider these this afternoon:

- Green tea or espresso (single shot, unsweetened)
- Steamed edamame beans
- Hummus
- A handful of walnuts
- A cup of berries
- A tub of yogurt

Most foods in crinkly packages are treats. Yes, even if they say they only contain 100 calories, they are treats.

Go ahead and enjoy them, but treat them like any other guilty pleasure.

Be aware that they light up your brain but do not really feed your soul or your cells. **THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSE-DALEWELL-NESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



## MCKS- Superbrain Yoga

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- Energizing and activating the Brain to balance the organ
- Increasing inner peace
- Reducing psychological stress and providing greater psychological stability
- Greater intelligence and creativity
- Regulating sex drive
- Partial cleansing and energizing on chakras and auras
- Transforming of the lower energies into higher energies
- Increasing the flow of pranic energies within the body
- Spiritual growth

To learn more about the Superbrain Yoga technique and its application, please visit us at [www.bodhiwellbeing.com](http://www.bodhiwellbeing.com) or contact us at 403-452-1469

# Add flair to chicken soup with Parmesan dumplings

A basic chicken soup is fine for when you need warmth and comfort.

But what about those particularly blustery fall evenings when fine isn't sufficient? For those nights, this more robust take on the basic chicken soup oozes even more comfort and warmth.

First, amplify the savoury side by sautéing a half pound of mixed mushrooms. And for good measure, add a handful of dried porcini mushrooms.

For starchy comfort, top the soup with pillowy-soft dumplings. And to tie it all together, lace the dumplings with savoury Parmesan.



This recipe serves six. MATTHEW MEAD / THE ASSOCIATED PRESS

1. In bowl, combine porcini mushrooms with 1 cup of boiling water. Set aside.

2. In a large deep pot, heat oil over medium-high. Add the mixed mushrooms and sprinkle lightly with salt. Sauté until browned, about 10 mins. Add shallots and leeks and continue to cook until softened, 8 mins.

3. Add chicken and cook until browned. Add barley, rosemary, thyme, few grinds of black pepper, broth and porcini with soaking water. Cover and reduce heat to maintain a simmer. Simmer until the barley is tender, about 45 minutes.

4. Meanwhile, prepare dumplings. In bowl, whisk flour, sugar, baking soda, baking powder, salt, black pepper and cayenne. Stir in the Parmesan. In another bowl, whisk eggs and buttermilk, then melted butter. Gently stir liquid ingredients into dry ingredients just combined.

5. Drop dumpling mixture by the tablespoon onto the top of the soup. Cover, bring

to a boil and cook for 5 to 7 minutes.

## THE ASSOCIATED PRESS

### Ingredients

#### Soup

- 1 oz dried porcini mushrooms, chopped
- 2 tbsp vegetable or canola oil
- 1 lb mixed sliced mushrooms
- Salt
- 2 medium shallots, sliced
- 1 leek, white part only, sliced
- 1 lb boneless, skinless chicken thighs, cubed
- 1/2 cup pearly barley
- 2 tsp minced fresh rosemary
- 1 tsp minced fresh thyme
- Ground black pepper
- 6 cups low-sodium chicken broth

#### Dumplings

- 2 1/2 cups all-purpose flour
- 2 tbsp sugar
- 1/2 tsp baking soda
- 1 1/2 tsp baking powder
- 1 tsp salt
- 1/2 tsp ground black pepper
- Pinch cayenne pepper
- 1 cup grated Parmesan
- 2 eggs
- 1 1/2 cups buttermilk
- 1/2 cup (1 stick) butter, melted



# A chilly economic wind blowing through Canada?

**Alison on money.**  
The IMF warns of an economic domino effect



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

Last week the International Monetary Fund (IMF) scolded Canada for "domestic vulnerability" with a softening housing market, a high unemployment rate of 7.3 per cent and record personal debt levels.

Economists point out that at 163 per cent of income, our debt ratio is similar to the Americans before their housing bubble burst.

The IMF shaved its 2012 growth projections for Canada from 2.1 per cent to 1.9 and two per cent next year, down from 2.2 per cent. This compares to

global growth predictions of 3.3 and 3.6 per cent in 2012 and 2013.

The IMF worries that "a sharp or sustained decline in house prices could seriously set back the leveraged household sector and domestic demand." In real speak, there's potential for an economic domino effect. A declining housing market puts pressure on family debt, seriously affecting what we buy — a key driver of economic growth.

Lower growth means fewer jobs, especially in the housing sector, which is a huge job creator. It's not a pretty picture.

If you're concerned that the IMF's fears will be born out, try this:

## 1. Take stock

Where are you vulnerable? Is it your mortgage or personal debt? If the government reduces borrowing by raising interest rates or tightening mortgage insurance or qualification conditions, what will be most affected?

You might lock in an open variable mortgage, as some aren't much lower than a five-year fixed term. You could also pay bi-weekly or make larger payments. Homebuyers shouldn't purchase until a larger down payment is in hand.

## 2. Cut spending

You can never go wrong here.

Challenge your family to live on a teeny, tiny budget for three months. Cut back holiday plans. Defer any non-essential big-ticket items. Be vigilant about leftovers and don't let food items become stale-dated.

## 3. Build up cash

Money on hand can soften a blow from the unexpected. Increase your savings by one per cent. Stash change daily. Have a late-fall garage sale or sell things on eBay. Ask for cash gifts this holiday season or gift cards for gas or groceries. Many small steps have a big financial impact.

The sky may not fall, but it doesn't hurt to be prepared.

## A frugal approach to cross-border shopping



**FUN AND FRUGAL**  
Lesley Scorgie  
money@metronews.ca

I travel quite a bit, both for work and pleasure. Because I like to purchase unique items that are on sale, I hunt for deals while I'm on the road and I'm never afraid to ask for a discount from the posted price.

In June 2012, Canada loosened its duty-free limits, which means in a 24-hour period, a Canadian can return with \$200 worth of goods and not pay tax, which is four times higher than previously.

In a 48-hour period or longer, the limit is \$800 — twice as high as before.

The case for Canadians to shop south of the border is even stronger when you take into account a strong Canadian dollar and a glaring price gap that simply can't be ignored.

According to a report from BMO published this past summer, U.S. products



**The case for Canadians to shop south of the border is strong these days.** ISTOCK IMAGES

tend to be at least 14 per cent cheaper.

On top of this, there is greater selection of brands and attractive discounts as the U.S. economy is still struggling.

As a result, Canadians appear to be shopping in the U.S. more often.

Before you head down to the U.S. for a football game and shopping spree, consider these frugal shopping principles.

- Research where to shop (outlet malls or shopping districts), what's on sale, and when the best time to shop is (Black Friday, Thanksgiving, Christmas, spring, summer or fall).

- Don't buy what you don't need and stick to a budget.

- Scour the sale racks for last year's top sellers and items that have just gone out of season (they're probably still 'in' for Canada). Buy high-quality discounted items from bulk distributors.

- Ask whether local taxes qualify for exemption. Sometimes stores will give you tax back right at the till (common in some U.S. states) while other times you have to bring your purchases and receipts to the airport (common in Europe).

- You are legally required to declare and pay tax on your purchases that exceed the exemption limit when you cross the border. Include this in your budget.

- Lastly, determine whether the cost of your trip is worth the savings. If you spend \$700 on airfare and a hotel, is it worth saving \$200?

Keep in mind that cross-border shopping is hard on local Canadian retailers.

But, according to CBC News, Canadian retailers are responding to the increased U.S. competition by expanding their product offerings, re-evaluating prices and upgrading the curb appeal of their stores. So don't write-off the locals.

# Is yours a healthy, happy home?

**Advice.** Bestselling author Gretchen Rubin is back with another self-help winner. She claims you'll be happier in life if you're Happier at Home. Here's why

**ROMINA MCGUINNESS**  
romina.mcguinness@metro.la

The moment Gretchen Rubin realized how many elements of a happy life focused on the home, she set about making small changes in her daily routine to help boost her overall happiness.

"If you're not happy at home, it's hard to be happy in your everyday life. Ideally, our home is a place that energizes and calms us, where we can have privacy but also engage with other people. If you're happy at home, you'll have a much stronger place from which to go out into the world," she tells Metro.

Want to be a happy homebody? Here's what Rubin suggests you do:



Gretchen Rubin and her book (below). Happier at Home. DAVE CROS

## 1. EMBRACE GOOD SMELLS:

"People that suffer from anosmia (loss of the ability to smell) often become depressed. A good smell is a quick fix. It gives you an immediate lift. It's not like eating a cookie but having to count calories or reading a book but needing time. It doesn't have a cost. Just light a scented candle or have a bowl of fresh grapefruit in the kitchen."



## 2. KISS & HUG:

"People think we act because of the way we feel when really, we feel the way we act. If you act in loving, way and kiss or hug those you love daily, you can really foster those feelings in yourself. As you're communicating these feelings to somebody else, that person will then feel more beloved. Acting this way will also help drive out negative feelings such as anger or resentment."



## 3. JUMP!: 'Home is a state of mind and a physical experience'

"Our home is the symbolic resting place for our body. It's the launching pad of all your routines. Your body is everything — whatever you do, your body will always be there. Any of the habits related to caring for your body, you have to figure them out from home. So exercise better and act more energetic. Do a few jumps a day. Literally. It will put a spring in your step."



## 4. CLEAR OUT CLUTTER:

"Living in a house where everything is falling into disorder can make you really unhappy. A crowded closet isn't a big deal, yet somehow it can weigh you down. Getting control over the inflow of 'stuff' will make you feel more in control of life in general. Make sure you only have things you need, use and love. Everything else can go."



## 5. READ THE MANUAL: 'How do I use this thing?'

"Most people pull and tug at something, try to rip it open and end up getting very frustrated when they fail. But usually you'll notice there's a tab or a little thing you pull to open. This applies to anything — whether you're trying to open a tin of beans or putting together a shelf. Take a few seconds to think, 'is there a way I'm meant to do this?'"



## 6. TECH: 'Is a very good servant and a bad master'

"Technological devices have a valuable role to play so long as they don't crowd out other things that are more important, like family. You need to create boundaries so that technology doesn't invade your life like a weed."



## 7. CREATE A LOVE SHRINE:

"Even if you live alone, you have relationships that are a part of you. Making a sort of shrine that creates a specific place that is full of love. You may want to have

a wall of photographs of your friends or of your family to remind you of the things and people that make you happy."



## 8. GO TO BED:

"Some people think they're too tired to do anything except watch TV or cruise on the Internet. However, these activities don't really boost happiness. But don't let these activities eat up a lot of your time or you'll stay up too late and wake up feeling exhausted. If you were too tired to do anything but watch TV, then go to sleep."



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When you make influenza immunization an annual event, you protect yourself, your family, and our community.



# Influenza Immunization

## FALL INTO THE ROUTINE

Influenza immunization is now available, free of charge, to all Albertans 6 months of age and older.

### CALGARY CLINICS NOW THROUGH OCTOBER 28<sup>TH</sup>

Days:	Time:	Location:
Mondays to Thursdays	11:30 AM - 7:00 PM	Avenida Village
Fridays to Sundays	9:30 AM - 5:00 PM	303 12445 Lake Fraser Drive SE
Mondays to Thursdays	11:30 AM - 7:00 PM	Brentwood Village Mall
Fridays to Sundays	9:30 AM - 5:00 PM	302 3630 Brentwood Road NW
Monday to Friday	9:00 AM - 12:00 PM 1:00 PM - 3:30 PM	CUPS 1001 10 Avenue SW
Saturday / Sunday	CLOSED	
Mondays to Thursdays	11:30 AM - 7:00 PM	Northgate
Fridays to Sundays	9:30 AM - 5:00 PM	A154 495 36 Street NE
Mondays to Thursdays	11:30 AM - 7:00 PM	Richmond Road Diagnostic Treatment Centre
Fridays to Sundays	9:30 AM - 5:00 PM	1820 Richmond Road SW
Mondays to Thursdays	11:30 AM - 7:00 PM	South Calgary Health Centre
Fridays to Sundays	9:30 AM - 5:00 PM	31 Sunpark Plaza SE

Please bring Alberta Health Care Card. Short sleeves recommended.

For more info, including local clinic details, visit [www.albertahealthservices.ca](http://www.albertahealthservices.ca) or call Health Link Alberta at 1.866.408.5465 (LINK).

# SEASON OF SNIFFLES

## IS IT A COLD OR A FLU? SHOULD YOU STAY AT HOME?

It's a million-dollar question: Are you so flu-ridden you can't make it into work? Or should you stay home because you can't keep that cough under control?

As we embark on sickness season, here's what you need to know about handling colds and flus.

### WHAT'S A COLD AND WHAT'S A FLU?

While the symptoms of cold and flu often cross over, if a fever is involved, you probably have the flu. "With flu you'll also have significantly more tiredness, the cough is going to be more intense, and the fever and body aches are the distinguishing symptoms," says Victor Wong, a Toronto pharmacist with Shopper's Drug Mart, noting that fever in adults is a temperature of 39 C or higher. With a cold, symptoms are more likely to be along the lines of a cough, sore throat, runny or stuffy nose and some fatigue.

### SHOULD YOU STAY HOME?

It depends — not only are you considering your own wellness and how productive you will actually be at work, but also the transmission factor ... how contagious are you? "The more acute those symptoms are, the more severe they are and that would mean you'd spread it quicker. A person is generally thought to be infectious as long as they have acute symptoms but that could last as long as a week," says Philip Emberley, director of pharmacy innovation for the Ottawa-based Canadian Pharmacists Association.

### TREAT THAT COLD!

So if you do have to go into work, how do you pick from pharmacy shelves thick with cold and flu medication options? Start by determining what your worst symptom is — is it your runny nose? Your bad cough? Pick a medication that primarily treats that symptom, rather than a treat-every-single-symptom-under-the-sun type of medication. "There are some medications that only help with sinuses and coughs and leave out the painkiller, and some that have a painkiller included as well," says Wong. "It's important to choose the ones targeted at the symptoms the individual has because each of these ingredients does carry their own potential side effects and risks."



Lockout

## NHL on players: 'They know how to reach us'

Another day ticked by without progress in the NHL's collective bargaining talks.

The league and NHL Players' Association were each holding firm on their most recent proposals Monday and

have yet to make plans to gather for another bargaining session this week. A Thursday deadline is looming to reach an agreement and salvage an 82-game season.

"If they have a desire to meet with regard to the proposal we have on the table, they know how to reach us," deputy commissioner Bill Daly told The Canadian Press in an email.

THE CANADIAN PRESS

NBA

## Foot injury keeps Kobe out of action

Kobe Bryant skipped the Los Angeles Lakers practice Monday to rest his bruised right foot.

Bryant was injured during the third quarter of the Lakers' 99-92 pre-season loss to the Sacramento Kings on Sunday. THE ASSOCIATED PRESS



Kobe Bryant, right, battles with Kings forward Thomas Robinson on Sunday in Los Angeles. THE ASSOCIATED PRESS

NFL



"You watch film and not everybody was playing hard every snap. And that's unacceptable."

Buffalo Bills defensive end Chris Kelsay on Monday after a 35-34 loss to Tennessee, saying it's time for players to start holding each other accountable

# Giant comeback: San Fran topples the Cards in Game 7

**NLCS.** Detroit Tigers to travel to San Francisco for Game 1, with Giants back in World Series two years after winning it all

Game 7

9

Giants

0

Cardinals

Scutaro named MVP

- Marco Scutaro looked up through the pouring rain, caught Matt Holliday's popup for the final out and punched his ticket to the World Series for the first time at age 36.
- In an NL championship series that saw Scutaro absorb a hard and admittedly late slide from Holliday that strained the second baseman's left hip, what a fitting ending.
- Scutaro tied the NLCS record with 14 hits to earn MVP honours.

In a post-season full of twists and turns, the San Francisco Giants are headed back to the World Series after a big comeback against the defending champs.

Hunter Pence got the Giants going with a weird double, Matt Cain pitched his second clincher of October and San Francisco closed out Game 7 of the NL championship series in a driving rainstorm, routing the St. Louis Cardinals 9-0 Monday night.

San Francisco won its record-tying sixth elimination game of the post-season, completing a lopsided rally from a 3-1 deficit.

"These guys never quit," manager Bruce Bochy said. "They just kept believing and they got it done."

The Giants, who won it all in 2010, will host Justin Verlander, Miguel Cabrera and the Detroit Tigers in Game 1 on Wednesday night.

Verlander is set to pitch Wednesday's opener. Bochy insisted before Monday's game he had not planned any further in advance.

After falling behind 3-1 in the series at Busch Stadium, the Giants outscored the wild-card Cardinals 20-1 over the final three games behind stellar starting pitching from Barry Zito, Ryan Vogelsong and Cain.

They also benefited from some strange bounces.

On Pence's double that highlighted a five-run third, his bat broke at the label on impact, then the broken barrel hit the ball twice more. That put a rolling, slicing spin on the ball and caused it to change directions — leaving shortstop Pete Kozma little chance to make the play. Kozma broke to his right, figuring that's where the ball would go, but it instead curved to left-centre.

Injured closer Brian Wilson, with that out-of-control bushy black beard, danced in the dugout and fans in the sellout crowd of 43,056 kept twirling their orange rally towels even through rain in the late innings — a downright downpour when Sergio Romo retired Matt Holliday on a popup to Scutaro to end it.

"This rain never felt so good," Scutaro said.

THE ASSOCIATED PRESS



Marco Scutaro of the San Francisco Giants holds up the MVP trophy after the Giants won the National League championship series over the St. Louis Cardinals on Monday in San Francisco. CHRISTIAN PETERSEN/GETTY IMAGES

# Tour de France record book in tatters



Lance Armstrong speaks before a Livestrong charity event on Sunday in Austin, Texas. COOPER NEILL/GETTY IMAGES

Seven lines of blanks. From 1999 to 2005. There will be no Tour de France winner in the record book for those years.

Once the toast of the Champs-Élysées, Lance Armstrong was formally stripped of his seven Tour titles Monday and banned for life for doping.

As far as the Tour is concerned, his victories never happened. He was never on the top step of the podium. The winner's yellow jersey was never on his back.

The decision by the International Cycling Union marked an end to the saga that brought down the most decorated rider in Tour history.

Armstrong camp quiet

Neither Armstrong nor his representatives had any comment about Monday's decision, but the rider was defiant in August when he chose not to fight USADA in one of the agency's arbitration hearings.

- He argued the process was rigged against him.

"Lance Armstrong has no place in cycling, and he deserves to be forgotten in cycling," said Pat McQuaid, president of the

governing body. "Make no mistake, it's a catastrophe for him, and he has to face up to that."

It's also devastating for Tour de France organizers, who have to carve seven gaping holes from the honour roll of the sport's biggest event and airbrush Armstrong's image from a sun-baked podium on the Champs-Élysées.

"We wish that there is no winner for this period," Tour director Christian Prudhomme said Monday in Paris. "For us, very clearly, the titles should remain blank. Effectively, we wish for these years to remain without winners."

THE ASSOCIATED PRESS

MLB PLAYOFFS
AMERICAN LEAGUE
LEAGUE CHAMPIONSHIP SERIES (Best-of-7)
N.Y. Yankees (E) vs. Detroit (C) (Detroit wins series 4-0)
Thursday's result
Detroit 8 N.Y. Yankees 1
Tuesday's result
Detroit 2 N.Y. Yankees 1
Sunday's result
Detroit 3 N.Y. Yankees 0

NATIONAL LEAGUE
LEAGUE CHAMPIONSHIP SERIES (Best-of-7)
(San Francisco (W) vs. St. Louis (wc) (San Francisco wins series 4-3)
Monday's result
San Francisco 9 St. Louis 0
Sunday's result
San Francisco 6 St. Louis 1
Friday's result
San Francisco 5 St. Louis 0

AHL
Sunday's results
Grand Rapids 4 Toronto 3 (SO)
Lake Erie 4 Texas 0
Binghamton 2 Hershey 1 (OT)
Milwaukee 5 Houston 4 (OT)
Syracuse 3 W-B/Scranton 1
Rockford 5 Charlotte 4
Saturday's results
Rochester 8 Hershey 7
Providence 3 Springfield 1
Lake Erie 5 Oklahoma City 3
San Antonio 1 Milwaukee 0
Abbotsford 4 Chicago 1
Manchester 6 Portland 4
Toronto 5 Hamilton 0
Houston 5 Texas 3
Bridgeport 3 W-B/Scranton 2
Syracuse 6 Binghamton 5 (OT)
Charlotte 2 Rockford 1
Norfolk 6 Connecticut 3
Adirondack 4 St. John's 3
Tuesday, Oct. 23 — All Times Eastern
Lake Erie at Oklahoma City, 7 p.m.
Portland at St. John's, 7:30 p.m.
Hamilton at Rochester, 7:35 p.m.

TRANSACTIONS
MLB
DETROIT TIGERS — Named Scott Bream director of pro scouting.
SEATTLE MARINERS — Named Dave Hansen hitting coach.
TORONTO BLUE JAYS — Claimed C Bobby Wilson off waivers from the L.A. Angels.
COLORADO ROCKIES — Named Mark Wiley director of pitching operations.
NBA
INDIANA PACERS — Exercised their option on G-F Paul George through the 2013-14 season. Released C Luke Nevill, G Sundiata Gaines and G Blake Ahearn.
LOS ANGELES LAKERS — Waived F Chris Douglas-Roberts and C Greg Somogyi.
OKLAHOMA CITY THUNDER — Waived G Walker Russell.

Thursday's result
St. Louis 8 San Francisco 3
Wednesday's result
St. Louis 3 San Francisco 1
WORLD SERIES
(Best-of-7; x-if necessary)
San Francisco vs. Detroit
Wednesday, Oct. 24 — All Times Eastern
Detroit at San Francisco, 8:07 p.m.
Thursday, Oct. 25
Detroit at San Francisco winner, 8:07 p.m.
Saturday, Oct. 27
San Francisco at Detroit, 8:07 p.m.
Sunday, Oct. 28
San Francisco at Detroit, 8:15 p.m.
Monday, Oct. 29
x-San Francisco at Detroit, 8:07 p.m.
Wednesday, Oct. 31
x-Detroit at San Francisco, 8:07 p.m.
Thursday, Nov. 1
x-Detroit at San Francisco, 8:07 p.m.

CIS FOOTBALL
WEEK 8
ATLANTIC CONFERENCE
GP W L T PF PA Pts
Acadia 7 6 1 0 184 108 12
Mount Allison 7 3 4 0 117 205 6
Saint Mary's 7 2 5 0 140 123 4
STFX 7 1 6 0 153 231 2
QUEBEC CONFERENCE
GP W L T PF PA Pts
Montreal 8 7 1 0 262 95 14
Laval 7 6 1 0 259 88 12
Sherbrooke 8 5 3 0 235 192 10
Concordia 8 3 5 0 193 316 6
Bishop's 7 2 5 0 185 237 4
McGill 8 2 6 0 157 290 4
ONTARIO CONFERENCE
GP W L T PF PA Pts
McMaster 8 8 0 0 365 125 16
Guelph 8 7 1 0 251 209 14
Queen's 8 6 2 0 247 145 12
Western 8 5 3 0 324 168 10
Windsor 8 3 5 0 233 226 6
Laurier 8 3 5 0 109 229 6
Ottawa 8 2 6 0 246 260 4
York 8 2 6 0 192 274 4
Toronto 8 2 6 0 136 279 4
Waterloo 8 2 6 0 145 333 4
CANADA WEST CONFERENCE
GP W L T PF PA Pts
Calgary 7 6 1 0 302 63 12
Manitoba 7 5 2 0 234 228 10
Regina 7 4 3 0 195 166 8
Saskatchewan 7 4 3 0 200 194 8
UBC 7 2 5 0 169 245 4
Alberta 7 0 7 0 82 286 0
Saturday's results
Mount Allison 29 STFX 16
Acadia 12 Saint Mary's 5
Sherbrooke 48 Concordia 21
Guelph 39 York 18
Western 32 Ottawa 29
McMaster 43 Laurier 0
Montreal 44 McGill 0
Waterloo 48 Windsor 29
Queen's 35 Toronto 7
Manitoba 37 UBC 31
Saskatchewan 27 Alberta 10
Friday's results
Regina 12 Calgary 9
TENNIS
ATP-SWISS INDOORS BASEL
At Basel, Switzerland
Singles — First Round
Roger Federer (1), Switzerland, def. Benjamin Becker, Germany, 7-5, 6-3.
Lukasz Kubot, Poland, def. Lukas Lacko, Slovakia, 6-4, 6-4.
Julien Benneteau, France, def. Andrey Kuznetsov, Russia, 4-6, 6-3, 6-3.
Richard Gasquet (3), France, def. Robin Haase, Netherlands, 4-6, 6-3, 6-2.
ATP-VALENCIA OPEN
At Valencia, Spain
Singles — First Round
Lleyton Hewitt, Australia, def. Juan Monaco (4), Argentina, 6-3, 6-4.
John Isner (5), United States, def. Fabio Fognini, Italy, 6-3, 6-7 (4-7), 7-5.
Ivan Dodig, Croatia, def. Philipp Kohlschreiber, Germany, 6-2, 7-6 (8-6).
David Goffin, Belgium, def. Pablo Andujar, Spain, 6-2, 6-2.

SOCCER
MLS
EASTERN CONFERENCE
y-Kansas City 17 7 9 60 40 26
x-D.C. 17 10 6 57 52 42
x-Chicago 17 11 5 56 45 40
x-New York 15 9 5 54 54 46
x-Houston 14 8 11 53 48 39
Columbus 14 12 7 49 42 43
Montreal 12 15 6 42 45 50
Philadelphia 10 16 6 36 36 40
New England 8 17 8 32 38 44
Toronto FC 5 20 8 23 35 60
WESTERN CONFERENCE
y-San Jose 19 6 8 65 71 42
x-Seattle 15 7 11 56 51 32
x-Real Salt Lake 17 11 5 56 46 35
x-Los Angeles 15 12 6 51 58 47
x-Vancouver 11 13 9 42 35 41
FC Dallas 9 13 11 38 40 45
Colorado 10 19 4 34 42 50
Portland 8 16 9 33 33 55
Chivas USA 7 18 8 29 22 56
y-clinched conference
x-clinched playoff berth
NOTE: Three points for victory, one point for tie.
Sunday's results
Portland 1 Vancouver 0
San Jose 2 Los Angeles 2
Seattle 3 FC Dallas 1
Saturday's results
Toronto FC 0 Montreal 0
New York 0 Kansas City 0
D.C. 3 Columbus 2
New England 1 Chicago 0
Houston 3 Philadelphia 1
Colorado 2 Chivas USA 0
Wednesday's game — All Times Eastern
Philadelphia at Kansas City, 8:30 p.m.
Saturday, October 27
New York at Philadelphia, 1:30 p.m.
New England at Montreal, 2 p.m.
D.C. at Chicago, 4 p.m.
San Jose at Portland, 6:30 p.m.
Houston at Colorado, 9 p.m.
Vancouver at Real Salt Lake, 9 p.m.
Sunday, October 28
Toronto FC at Columbus, 4 p.m.
Chivas USA at FC Dallas, 7 p.m.
Seattle at Los Angeles, 9 p.m.

NFL
AMERICAN CONFERENCE
EAST
New England 4 3 0 .571 217 163
Miami 3 3 0 .500 120 117
N.Y. Jets 3 4 0 .429 159 170
Buffalo 3 4 0 .429 171 227
SOUTH
Houston 6 1 0 .857 216 128
Indianapolis 3 3 0 .500 117 158
Tennessee 3 4 0 .429 149 238
Jacksonville 1 5 0 .167 88 164
NORTH
Baltimore 5 2 0 .714 174 161
Pittsburgh 3 3 0 .500 140 132
Cincinnati 3 4 0 .429 166 187
Cleveland 1 6 0 .143 147 180
WEST
Denver 3 3 0 .500 170 138
San Diego 3 3 0 .500 148 137
Oakland 2 4 0 .333 113 171
Kansas City 1 5 0 .167 104 183
NATIONAL CONFERENCE
EAST
N.Y. Giants 5 2 0 .714 205 137
Philadelphia 3 3 0 .500 103 125
Dallas 3 3 0 .500 113 133
Washington 3 4 0 .429 201 200
SOUTH
Atlanta 6 0 0 1.000 171 113
New Orleans 2 4 0 .333 176 182
Tampa Bay 2 4 0 .333 148 136
Carolina 1 5 0 .167 106 144
NORTH
Chicago 5 1 0 .833 162 78
Minnesota 5 2 0 .714 167 131
Green Bay 4 3 0 .571 184 155
Detroit 2 4 0 .333 133 150
WEST
San Francisco 5 2 0 .714 165 100
Arizona 4 3 0 .571 124 118
Seattle 4 3 0 .571 116 106
St. Louis 3 4 0 .429 130 141

WEEK SEVEN
Monday's result
Chicago 13 Detroit 7
Sunday's results
Tennessee 35 Buffalo 34
Houston 43 Baltimore 13
Indianapolis 17 Cleveland 13
Minnesota 21 Arizona 14
Dallas 19 Carolina 14
Green Bay 30 St. Louis 20
N.Y. Giants 27 Washington 23
New Orleans 35 Tampa Bay 28
Oakland 26 Jacksonville 23
New England 29 N.Y. Jets 26
Pittsburgh 24 Cincinnati 17
Thursday's result
San Francisco 13 Seattle 6

CFL
WEEK 17
EAST DIVISION
GP W L T PF PA Pts
y-Montreal 16 10 6 0 440 445 20
Toronto 16 7 9 0 371 425 14
Winnipeg 16 5 11 0 339 492 10
Hamilton 16 5 11 0 470 515 10
WEST DIVISION
GP W L T PF PA Pts
y-B.C. 16 12 4 0 441 307 24
x-Calgary 16 10 6 0 464 382 20
x-Saskatchewan 16 8 8 0 425 361 16
Edmonton 16 7 9 0 370 393 14
y-clinched division
x-clinched playoff berth
Friday's results
Winnipeg 44 Toronto 32
B.C. 39 Edmonton 19
Saturday's results
Montreal 34 Saskatchewan 28
Calgary 34 Hamilton 32
Friday, October 26 — All Times Eastern
B.C. at Calgary, 9 p.m.
Saturday, October 27
Winnipeg at Hamilton, 1 p.m.
Toronto at Saskatchewan, 4 p.m.
Sunday, October 28
Edmonton at Montreal, 1 p.m.

SCORING LEADERS
TD C FG S Pts
McCallum, BC 0 43 123 7 173
Whyte, Mtl 0 46 93 7 146
Conig, Ham 0 42 102 1 145
Paredes, Cal 0 42 99 1 142
Palardy, Wpg 0 29 105 5 139
Shaw, Edm 0 36 87 11 134
Waters, Tor 0 22 78 7 107
Deangelis, Sas 0 25 72 1 98
Williams, Ham 14 1 0 0 86
Cornish, Cal 13 0 0 0 78
Dressler, Sas 13 0 0 0 78
Sheets, Sas 12 0 0 0 72
Milo, Sas 0 16 33 12 61
Harris, BC 10 0 0 0 60
Lewis, Cal 9 1 0 0 56
Whitaker, Mtl 9 0 0 0 54
Charles, Edm 8 0 0 0 48
Fantuz, Ham 8 0 0 0 48
Matthews, Wpg 7 1 0 0 44
Brink, Wpg 7 0 0 0 42
McPherson, Mtl 7 0 0 0 42
Prefontaine, Tor 0 5 30 4 39
Stamps, Edm 6 0 0 0 36
Grant, Ham 6 0 0 0 36
Koch, Edm 6 0 0 0 36
Simpson, Wpg 5 0 0 0 30
Bruce, BC 5 0 0 0 30
Anderson, Mtl 5 0 0 0 30

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## Horoscopes

### Aries

March 21 - April 20

A breakthrough of some kind is likely today. It may or may not be financial in nature but it will certainly be something that makes your life simpler on a material level. You deserve it, so enjoy it.

### Taurus

April 21 - May 21

You get along with most people, but you also have a tendency to take over their lives and make decisions for them. That is something you need to curtail today, both for their benefit and for your own.

### Gemini

May 22 - June 21

The Sun's change of signs means you need to slow down a bit. You have started many new things in recent weeks and your main task now is to consolidate what you have gained. Don't be too greedy.

### Cancer

June 22 - July 23

The Sun moves into the most dynamic area of your chart today, which means the next few weeks are going to be special. You will find that the right opportunity arrives at just the right time. The fun days are here.

### Leo

July 24 - Aug. 23

It may seem to everyone else that you don't have a care in the world, but on the inside you can feel that something is missing. Start thinking of ways you can bring more meaning to your existence. It's important.

### Virgo

Aug. 24 - Sept. 23

You have been avoiding a certain person because you know they are going to say things you don't want to hear. That's too bad because at some point today they will corner you and make you listen.

### Libra

Sept. 24 - Oct. 23

You may be suspicious if someone offers you something for nothing today but the planets indicate you won't be cheated, so lighten up a little. Not everyone is out to deceive you, so don't deceive yourself.

### Scorpio

Oct. 24 - Nov. 22

Forget about everything that has gone before and focus on all the good things that are sure to come your way over the next few weeks. The Sun in your sign makes all things possible.

### Sagittarius

Nov. 23 - Dec. 21

The most important thing now is that you are totally honest with yourself. Don't try to pretend you have done well when you know it isn't true. It's not about judgment, it's about getting it right next time.

### Capricorn

Dec. 22 - Jan. 20

Even if you are the kind of Capricorn who does not like joining organizations, you will find it easy to get involved over the next few days. There are people out there who share your attitudes and ambitions. Find them.

### Aquarius

Jan. 21 - Feb. 19

The Sun's journey across the career angle of your chart means you should focus on your work and not worry too much about what else might be going on in your life. Put ambition first for a while.

### Pisces

Feb. 20 - March 20

Now that the financial pressure is beginning to ease, you may be tempted to spend a bit more money. That's fine but don't go over the top and get yourself into debt again. Keep that belt tight just a little bit longer. **SALLY BROMPTON**

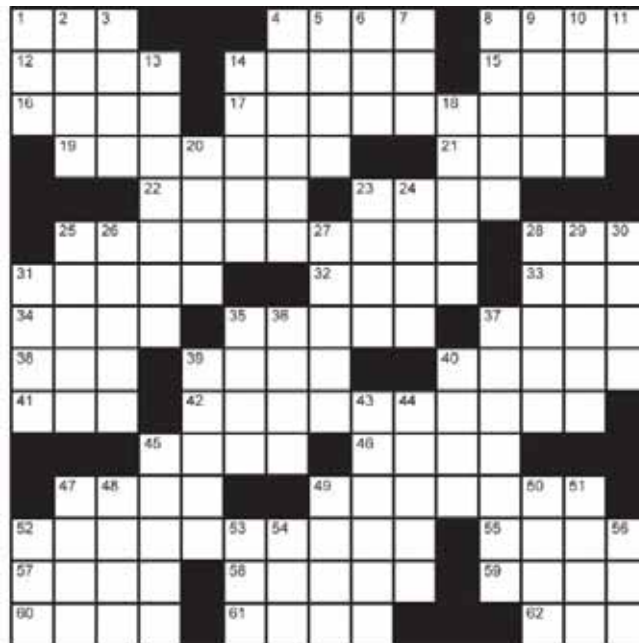
## A Few Teams Are in Here

### Across

1. Cable channel that broadcast *The Sopranos*
4. "Quit it!"
8. Lubricates
12. Alero or Cutlass, in brief
14. Mother of William and Harry
15. Thought
16. Slave away
17. Put at risk
19. The Gulf Islands are in BC's Strait of \_\_\_\_
21. Stink
22. Ancient France
23. Animal den
25. Calgary CFL team
28. "I wandered lonely \_\_\_\_ cloud": start of Wordsworth's "Daffodils" (2 wds.)
31. Vancouver CFL Team
32. Like Bill Gates or Warren Buffet
33. "My gal" of song
34. Overnight stops
35. Military bigwigs
37. Boat
38. Chess or checkers pieces
39. Boast
40. MTV audience
41. Female sheep
42. BC's wooded tropical region (2 wds.)
45. Receives
46. Regrets
47. Revealed
49. Northwest \_\_\_\_: Canadian sea route only recently open to regular marine shipping
52. They handle our mail

### Down

1. Fresh off the grill
2. Electronic journal
3. *Garfield* comic strip dog
4. 28-Across's quotation, e.g.
5. Spanish appetizer
6. Zero, \_\_\_\_, two, ...
7. \_\_\_\_ for the course
8. Edmonton NHL team member
9. Not doing anything
10. Chive relative that's the Welsh emblem
11. Unhappy
13. Campaign poster inscriptions
14. Unearth (2 wds.)
18. From the Emerald Isle
20. Bashes into
23. What visitors to Hawaii often receive
24. Rainbow shapes
25. Muscular strength
26. 1,000 kilograms
27. Chosen at random, as one's lottery ticket
28. Barbecue residue
29. Blessed one
30. European mountains
31. Green citrus fruit



35. Spoiled kid
36. Kings: Fr.
37. Teeter-totters
39. Belief system
40. Very: Fr.
43. The longest river in BC, it has its mouth at Vancouver
44. Boots from office
45. Greenskeepers cut it
47. Toronto group that backed Bob Dylan as The

- Hawks; with "The"
48. Put chips into a poker pot prior to receiving cards
49. Skin opening
50. A horse's canter or gallop
51. Therefore
52. Rescuers of stalled cars
53. Small batteries
54. "Easy as \_\_\_\_!"
56. That girl

## Yesterday's Crossword



## What's online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's Sudoku



## Weather

### TODAY



MAX: -5°  
MIN: -5°

### WEDNESDAY



MAX: -4°  
MIN: -9°

### THURSDAY



MAX: 1°  
MIN: -12°



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